

Ayurveda Yoga Naturopathy



aarogyamantra

INTEGRATED HEALING



Aarogyamantra is an integrated holistic healing center, the first of its kind in God's own country, Kerala. Following the centuries old holistic medical practices and etiquettes, we introduce a new way of life. A way that helps you to achieve a healthy lifestyle and cure your ailments with a stream of authentic treatments. Situated in a serene village in Kottayam district, Aarogyamantra exemplifies a harmonious life experience as part of our wholesome wellness approach.

Started as a Nature Cure Centre back in 1970s, headed by Dr. Aleyamma Punnoose, one of the first lady Naturopaths in India, Aarogyamantra later evolved as a holistic healing centre, integrating the wisdom and talent from the ancient healing techniques of Ayurveda, Naturopathy, Yoga and other complementary therapies to provide a balanced physical, mental and emotional wellbeing for human beings. Under the leadership of her son, Prince Punnoose, who lives in England.





In a holistic view, health is something you achieve by creating a peaceful environment to live in, along with the right approach to yourself – your body, emotions and spiritual needs. Diseases are natural imbalances or eventualities that occur in everyone’s life. And hence, there are natural ways to control or eliminate them and recover health and balance.



Ayurveda

*" nithyam hithahaara vihaara sevi
sameekshyakaari vishayeshwasaktha
daata sama satyaparaa kshamavaa-
naptopasevi cha bhavatyarogah "*

- Ashtanga Hridayam (Ancient Ayurveda Text) -

*He who indulges daily in healthy food
and activities, who discriminates the
good and bad of everything and then
acts wisely, who is not attached too
much to the objects of the senses, who
develops the habit of charity, of
considering all as equal, of truthfulness,
of pardoning and keeping a good social
life only; becomes free from all
diseases.*





Naturopathy

*Natural forces within us
are the true healers of disease.*





Yoga



The primary goal of Yoga is to gain balance and control over one's life. It helps to liberate one from confusions and distresses of practical life and bring a sense of calm that comes from the practice of Ashtangas (Eight limbs) of Yoga.

Why Yoga?

Yoga provides the union of mind, body and soul. Yoga rejuvenates the body with its asanas, pranayama and meditation. All these make the mind free from negative vibes caused by a fast-paced modern life.



Yoga Therapy

Yoga postures can cure physical ailments and correct the alignment of the body. Well instructed practice of yoga poses, combined with controlled breathing (pranayama) rectifies physiological and psychological disorders.

- Yoga for arthritis
- Weight loss
- Prenatal and postnatal pregnancy
- Menstrual problems
- Integrated yoga therapy for general well being



“

*Sarve
bhavantu
sukhina:
Sarve
santu
niraamaya:*

Ayurveda – the science of life – recommends a balanced lifestyle and holistic cure for the ailments. It classifies the do's and don'ts for the wholesome wellbeing. According to Ayurveda the imbalance of Kala (time), Ardha (seasons) and Karma (actions) are the reasons for diseases and the right unison of these three factors will provide optimal health.

Ayurveda at Aarogyamantra tries to integrate the treatments of related sciences like Naturopathy and Yoga effectively which helps the healing process.

- Detoxification and rejuvenation with Panchakarma
- Pizhichil /Kizhi/Snehapana/Swedana etc.
- Shirodhara, Takradhara etc.
- Jalouka (Leech) therapy
- Netra tarpanam
- Karnapooranam
- Dhoomapanam

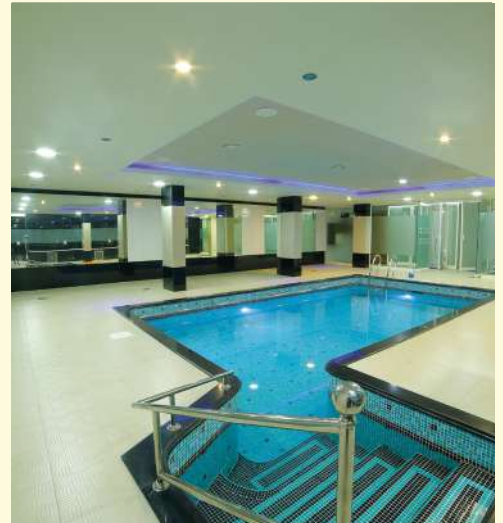
The Nature Therapy!

Naturopathy is the most natural approach to wellness. The fundamental philosophy of Naturopathy is based on the importance of a healthy diet, fresh water, sunlight, proper exercise & sleep and stress management. Naturopathy helps in minimizing the symptoms of any illness by exploring one's self-healing ways of the body.

A wide range of therapies are used to support the person to live a naturopathic-life.

- sdfsNutritional diet advices
- Lifestyle advice
- Hydrotherapy
- Massages
- Mud therapy
- Acupressure
- Reflexology etc.
- Steam and Sauna facilities







GIFT

**VOUCHERS
AVAILABLE**

UNWIND YOURSELF WITH OUR EXCLUSIVE
AYURDINAM PACKAGE
at aarogyamantra

PACKAGE INCLUDES:

- WELCOME DRINK
- DOCTORS CONSULTATION
- SIGNATURE MASSAGE

Aarogyamantra Integrated Ayurvedic Abhyangam with Swedish - Thai - Balinese Massages and traditional steam bath for a complete rejuvenating experience.

- LUNCH: Healthy Satwik Vegetarian Thali Food
- ACCESS TO HERBAL GARDEN, SWIMMING POOL & GYM

'Pre-Booking Only'

Check-in Time: 10 am
Check-out Time: 2 pm

For Booking:

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+91 95449 47778



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Aarogyamantra Integrated Healing Pvt. Ltd

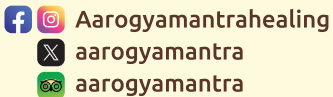
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